

APAAC ANNUAL VICTIM ADVOCATE CONFERENCE

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Maricopa County Security Building
Phoenix, Arizona



VICARIOUS TRAUMA

Presented by:

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ELIZABETH BURTON ORTIZ
EXECUTIVE DIRECTOR

Self-Compassion Action Plan

One of my self-care activities is _____.

This activity is good for me because _____.

I will know I need to do this activity when _____.

I will try to do this activity at least _____.

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